

NEVADA MENS GYMNASTICS
STATE CHAMPIONSHIP

Location: Gymnastics Nevada , 225 Lillard, Sparks, NV 89434

Judges: Roger Baldwin ,Dave Eaton, Beau Bailey, Mike Hirsch, Charlie Kharsa,
Dan Connelly

Saturday, March 12

8:00 P.M. -9:30 P.M. NMGA MEETING AT THE COMPETITION SITE

Saturday, March 12

Session 1, Level 4 (45 gymnasts)

8:00am -8:20am Open stretch

8:20am -8:30am March-In

8:30am -8:50am Rotation 1 Warm-up/Compete (8 min warmup)

8:50am -9:10am Rotation 2 Warm-up/Compete (8 min warmup)

9:10am -9:30am Rotation 3 Warm-up/Compete (8 min warmup)

9:30am -9:50am Rotation 4 Warm-up/Compete (8 min warmup)

9:50am -10:10am Rotation 5 Warm-up/Compete (8 min warmup)

10:10am -10:30am Rotation 6 Warm-up/Compete (8 min warmup)

10:45am -11:15am Awards

Session 2, Level 5, 6, 7 (63 gymnasts)

11:30pm -11:50pm Open stretch

11:50pm -12:10pm March in

12:10pm -12:30pm Rotation 1 Warm-up/Compete (10 minute warmup)

12:30pm -12:50pm Rotation 2 Warm-up/Compete (10 minute warmup)

12:50pm -1:10pm Rotation 3 Warm-up/Compete (10 minute warmup)

1:10pm -1:30pm Rotation 4 Warm-up/Compete (10 minute warmup)

1:30pm -1:50pm Rotation 5 Warm-up/Compete (10 minute warmup)

1:50pm -2:10pm Rotation 6 Warm-up/Compete (10 minute warmup)

2:15pm -3:15pm Awards

Session 4, Level 8, 9 and 10 (31 gymnasts)

4:00pm -4:15pm Open stretch

4:15pm -4:30pm March-In

4:30pm -7:30pm Competition (Capital Cup-3 rotations)

7:45pm -8:15pm Awards

Sunday, March 16

State Clinic 9am-1pm

More details to follow